

The Lemon Grove REVIEW

Vol. 49, No. 39

Serving Lemon Grove and nearby communities

IN THIS ISSUE

• WEATHER & TWIST	Page	2
• COMMENTARY	Page	3
• PUBLIC NOTICES	Page	6
• CLASSIFIEDS	Page	7
• M IS FOR MAYOR	Page	8
• B WORDS	Page	8

Thursday, January 23, 1997 25¢

Parents win tussle over dumping electives

by Cheryl Cohen

What is excellence in education? Is the ability to play the trombone as important as being able to write a report or to bust an atom? Ask a newspaper editor, a scientist and a professional musician. You could very well get three different answers.

For teachers and staff at Lemon Grove Middle School, the choice is a bit clearer. Their vision, as presented at last week's "Parent Meeting" held in the school's auditorium, is to get at least 80 eighth-grade students, who presently cannot meet the academic requirements expected by Helix High School, up to the 1.5 grade-point average (GPA) that Helix requires. Those that don't meet the GPA will be put into a pre-high school class, and possibly summer school.

To help to achieve "academic excellence," staff at LGMS wants to abandon the current regular seven-period day, and develop what they call a "modified" seven-period day, with emphasis on tutorials and academic assistance. With the "modified seven" plan, students will have to give up one of their elective courses to add approximately five minutes to each period. The remaining 30 minutes of time could be spent on an "exploratory wheel", (a type of elective course sampler including classes in careers, stock markets, arts, etc.), a tutorial or as an "advisory" period.

The modified seven-period day was first implemented in the 1994-95 school year, and existed until September of the 1995-96 school year. From September of 1995 to January of 1996, 26 students were suspended, for a total of 80 days of suspension. The regular seven-period day was reinstated, and for the same period last year school year, 58 students have been suspended, for a total of 143 days.

However, parents don't necessarily think that discipline is the real problem. One parent voiced concerns about the days, half-days and four-day weekends where his daughter is not needed in school, and therefore not in class (nor are the teachers), due to teachers' training sessions, etc. He believes that his child misses enough time that, if she were in trouble grade-wise, academic problems would be emphasized by the time not spent in class.

Other parents with children that excel academically said the new schedule would force them to give up a valued elective, which they perceive as an incentive for doing well in the basic classes.

They suggested examples such as having the problematic children giving up elective classes, or even choosing an advisory class as an elective, rather than punishing those that do well.

"Where are the rewards for good students?" one parent asked.

Teachers repeatedly stated that they will acquiesce to whatever the parents want, but wanted to bring to their attention certain facts in support of the proposed schedule change. They expressed that no matter what electives, the students' GPA will still be based upon the basic subjects: math, science, history and English.

Because of the shortened periods of the regular seven-period day, they've discovered that students are missing out on 18 hours of instructional time for the year. Eighteen hours is equal to four weeks of lost time in each curricular area per year, according to their calculations. By reducing the elective classes from two to one, the balance of the time can be spent to better track students' progress.

One high school teacher in attendance, suggested that there are so many nets for kids to fall into (special programs), that self-motivators cannot see why they should work so hard when others will make the grades with the extra programs, anyway. Through these special programs, teachers spend 85 to 90 percent of their time re-teaching kids that are not up on the basics. The rest of the kids get bored, and if there are large numbers of bored children, it could become a virtual brewery for disciplinary problems.

Vincent Guillen, a student at LGMS, seemed to speak for the rest of the students present at the meeting when he said, "We should get two periods of electives, so we can gain more knowledge."

He wants to continue to take band because he's first trumpet now, and every generation in his family has had musicians that have performed from Guadalajara to Mexico City. His mother, Xochitl Guillen, said that her niece gave her an Internet address, but she doesn't have a clue as to what to do with it. She wants something different for her son.

Vincent agrees. "I heard that if you have no knowledge of them, you can't pass high school. It'll be like, 'whoa, what's this?' every time you try to use a computer."

The computer issue loomed heavily during the meeting. The new proposal would completely do away with the computer elective, as those in the lab are virtually the only computers available, aside from one in each class. Each hour, the lab computers are all in



First trumpet Vincent Guillen and his mom, Xochitl, don't want to have to choose between band and computers. Photo by Cheryl Cohen

use by classes.

Teachers want to put the computers in the classrooms instead, and integrate their use with the regular curriculum. They say that there will always be computer classes available to people, but no-one will be able to retake eighth-grade history. Linda Schultz, a sixth-grade teacher, says that last year there was time on the computers to teach the kids spread sheets, but it's impossible to do the same this year. She now teaches a computer lab, but wants to teach computing in connection with class, not as an isolated elective, removed from regular academic studies. Parents fear that removing their children's elective computer class will deeply affect their ability to keep pace with the rest of the world.

The days of homeroom teachers and school counselors are gone at LGMS. In their place, are "advisories", and only one social worker for the school, and its three feeder elementaries, San Miguel, Vista Mesa, and Golden Avenue schools. In a school where there are students speaking 14 different languages, such as LGMS, nothing can be as simple as in the past.

That is one of the biggest reasons Lemon Grove Middle School's Principal Nancy Merino feels the modified-seven approach would be so valuable. She said that the half-hour elective could be used as a tutoring or advisory period for those needing extra help, while other students could use the time in an "exploratory" class.

"All we want to do here at LGMS is educate kids in conjunction with parents' involvement," she said.

Merino said it's educationally

KingFest goes on in spite of racist graffiti

by Ninette Sosa

Around 200 people attended a tribute to Dr. Martin Luther King, Jr. Sunday night — despite racist graffiti painted on the La Mesa Community Center walls in the wee hours of that morning.

La Mesa Mayor Art Madrid was among those who attended the first-ever "East County KingFest."

"Martin Luther King is a person who personifies all the things that we theoretically talk about," said Madrid. "We talk about loving our neighbor, respecting other people's views, accepting people for who they are and not what they are, irrespective of their gender, color or their Dunn & Bradstreet report."

Madrid received a call early Sunday morning from the city manager that the center's cleaning crew were cleaning up after an event and came across derogatory, racist signs and words painted on the outside of the buildings.

The maintenance crew started cleaning at 4 a.m. and it was shortly after that the crew reported that the hate crime had happened.

Madrid calls it a hate crime, and went to the community center around 10 a.m. Much of it had been painted over but Madrid did see the remnants of it. He said that although these vicious words made him angry, they serve as a wake-up call.

"Maybe the message is getting across that racism is alive and well in the area," he said.

See photos on Page 4

Piece of cake



Lemon Grove Sheriff's Capt. Yolanda Collins (left) finds a file hidden in Mayor Mary Sessom's cake at last week's Muscular Dystrophy Association jail-a-thon fundraiser. More than \$20,000 was raised to send local children to camp. The jailbirds had to call friends to "bail" them out with donations. Photo by Cheryl Cohen

Community Notes

PTA turns 100 years old

The Lemon Grove School District's PTA is celebrating its centennial at a Founder's Day Program, 7 p.m. on Jan. 30 at Palm Middle School, 8425 Palm St.

The district's eight schools: Mt. Vernon, Golden Avenue, San Miguel, San Altos, Monterey Heights and Vista La Mesa Elementary Schools and Palm and Lemon Grove Middle Schools will each be honoring 1 or 2 citizens for their dedication to helping children in and out of the classroom.

As in years past, the public is invited to join in the festivities.

Friends of Library book sale set

A book sale is scheduled from 9 a.m. - 3 p.m. on Jan. 25, at the Lemon Grove Library, 8073 Broadway. Donated used books and magazines will be displayed at prices of 10 cents for magazines, 25 cents for paperbacks, 50 cents for hardbound books. There will be a few special books or sets of books at somewhat higher prices.

Friends of the Library ask the public's cooperation in not attempting to select books before the starting time. The Friends want each sale patron to have an equal chance to find books that are perfect for them.

Friends of the Library are now asking for book and magazine donations, which should be brought to the library. The library is located across Broadway from St. John of the Cross Catholic Church. The library is closed on Sunday and Monday; hours vary on the other days. Please call the library, 463-9819, for hours on a specific day.

Especially welcome donations are children's books, cookbooks, recent fiction of all kinds. Westerns and sci fi are popular, as well as crafts, computer lore, books in Spanish, sports and how-to's.

These sales are presented bi-monthly. Funds raised go to the support of the library and its programs.

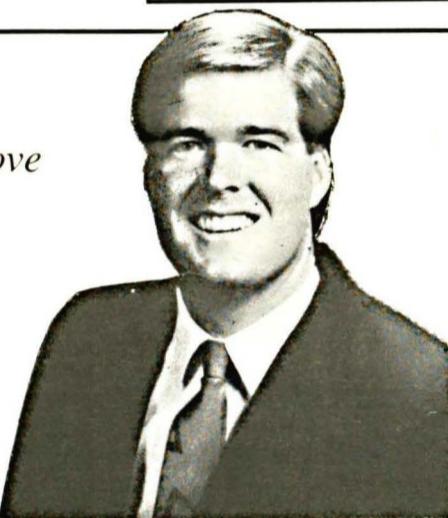


3308 MAIN STREET
LEMON GROVE
PHONE 466-3277

Dr. Shawn Stoddard
Treats neck and back pain
Hundreds helped in Lemon Grove
Call 466-0806

**Complimentary
Consultation**

Stoddard Chiropractic
7366 Broadway
(2 Blks east of Massachusetts)



Worship Directory

**LEMON GROVE
CONGREGATIONAL
UNITED CHURCH OF CHRIST**
2770 Glebe Road • Lemon Grove
Edward Pettis, Pastor
Sunday Worship & Church School
10:15 a.m.

**ST. JOHN OF THE CROSS
CATHOLIC CHURCH**
8086 BROADWAY
LEMON GROVE, CA 91945
PASTOR MSGR. RAYMOND C. KIRK
Call Rectory for information
and Mass Schedule. **466-3209**

The End of Your Search for a Friendly Bible Church
LEMON GROVE CHRISTIAN CHURCH
Worship: 9:00 & 10:40 AM Sun.; 6:00 PM Sat.
Uplifting Music, Sunday School, Nursery
Excellent Youth Ministry, Preschool and Daycare
465-1888 **Myron Wells** **465-1887**
Church Senior Minister Preschool

6970 San Miguel Ave. Lemon Grove, 2 Blk W. of Mass.
Shouldn't your church be in the Worship Directory?
Call 469-0101 for rates

Lemon Grove Assembly of God
Currently using the
Mount Miguel High School at
1800 Sweetwater Road
Worship Service & Sunday School 10:00 a.m.
Nursery & Child Care provided
Pastor Jim Reed **697-7770**

**Let the Lemon Grove community
know that you are there!**
**For as little as \$3.75 per week
your church can be in the
worship directory.**

LEMON GROVE LUTHERAN CHURCH
Loving God - Living Christ

Corner Skyline and Alton Drive
John R. Embree, Pastor
Telephone: **465-7301**

Worship: 9 a.m. Sunday School 10:30 a.m.

WEATHER

The following information was provided by the National Weather Service.

	High	Low
Jan. 15	67	46
Jan. 16	67	46
Jan. 17	73	41
Jan. 18	79	42
Jan. 19	73	42
Jan. 20	65	43
Jan. 21	63	41

Lemon Twist

by Cheryl Cohen



Douglas A. Yount
City Manager

Whadda they want? Blood? Well, actually, yes. Roll up your sleeves, kids, and give a little to the **San Diego Blood Bank** before your creditors bleed you dry for all that Christmas debt you've accumulated. The **KNSD Bloodmobile** will be at the parking lot of **Home Depot**, 7530 Broadway in Lemon Grove on Jan. 28, from 1 - 5 p.m.. All donors at this drive will receive a specially-designed "Snuggling Wolves" San Diego Blood Bank t-shirt (believe me, I know from experience that trying to figure out any connection between donating blood

and snuggling wolves will make your brain bleed, so don't even try), a voucher good for an (almost free) "pay for one (adult admission), get one free" admission to **Sea World**, a medical history review, and a mini-physical that will include blood pressure, pulse, temperature and iron level check. It'll take about one hour, and you can do a great service to some people in serious need if you're in good health, and weigh at least 110 pounds (what, are they kidding?). A good meal is recommended prior to donation (yeah, we've gotta get that weight up to 110, right?). Call The San Diego Blood Bank at 296-6393 for information.

The Sesquicentennial Committee of the **Lemon Grove Historical Society** (try saying *that* three times fast!) held its first monthly meeting on Jan. 9 to begin planning city-wide events linking Lemon Grove to California's 150th birthday, scheduled for 1998-2000. (I hope we're giving you enough notice to get a card or something). Committee members **John Davis**, **Helen Ofield**, **Rosemary Putnam**, **Dorothy Scott**, **Pete Smith**, and Society President **Amorita Treganza** encourage local residents to participate by joining the society. They've got the celebration's agenda sounding pretty good to me: full-scale re-enactments of agricultural crafts to "commemorative lemon pies", sporting the city seal embossed into the pie dough. Drop a card to P.O. Box 624, **Lemon Grove, CA 91946** for membership information.

Mayor **Mary Sessom**, Fire Chief **Dale Chamberlain**, and Sheriff's Dept. Captain **Yolanda Collins** were among Lemon Grove's finest criminal element on Jan. 16, when they were handcuffed, arrested, and thrown into **Muscular Dystrophy Association's** temporary jail at the community center. It would have been easy enough to escape with the help from the file cleverly hidden inside a cake from her loving husband **Steve Baker**, but noooo. Mayor Mary decided to stick it out with the others by not leaving until they raised a tidy sum from their friends via the bank of phones next to their cell. MDA's District Director **Alana Harris** and Project Coordinator **Chris Skinner**, say that it's not too late to endear yourself to all of your friends by having them arrested in the upcoming San Diego's Most Wanted event hosted at The Abbey on Feb. 13. You can "recommend" your jailbirds by calling 492-9792. Ask about their Witness Protection Program!

The Lemon Grove Sheriff's department succeeded in making us all drool at the Jan. 21 city council meeting with their new toys: the new speed enforcement trailer timed me at 24 miles per hour while I was walking into the community center (well, I was late!), and the **Bicycle Patrol** almost made me swoon. Oh, sure, the officers looked good in their shorts, but I'm talking about the new Nashiki bikes they displayed.

Have a problem with the stationery I'm using? Look, when you're running low, you use what you can to get by. I'm sure **Mr. Yount** won't mind; they've got plenty of it over there to spread around, from what I've seen.

As always, you can call/send/fax your interesting local events and happenings to *The Review*, or you can get them to me directly at 264-3153 (msg), 264-4180 (fax), or Cirious@worldnet.att.net (e-mail), or Disguise them in fine jewelry and mail them to me. I want to thank you for all your support last week.... I like it much better than the truss.

PUBLIC NOTICES

**FICTITIOUS BUSINESS
NAME STATEMENT**
Assigned File No 9700
The Names of the Business:
SAN DIEGO POWER WASH
located at 2520 Cypress Ave. in
Lemon Grove, CA 91945 is hereby
registered by the following
owners:

JAMES CLIFTON GRANT
2520 CYPRESS AVE.
LEMON GROVE, CA 91945

Laura Lynn Grant
2520 CYPRESS AVE.
LEMON GROVE, CA 91945

This business is conducted by
Individuals - Husband and Wife
The transaction of business
begun on 1-89

Signature of Registrant
JAMES GRANT

This statement was filed with Gre-
gor J. Smith the Recorder/Coun-
ty Clerk of San Diego County on
JAN 21 1997

Lemon Grove Review
Jan. 23, 30, Feb. 6 & 13, 1997

**FICTITIOUS BUSINESS
NAME STATEMENT**
Assigned File No 97001240
The Names of the Business:
PATRICIA E. WARREN,
ENRDLED AGENT
located at 2733 Lemon Grove
Ave. in Lemon Grove, CA 91945
is hereby registered by the follow-
ing owners:

PATRICIA E. WARREN
4810 CAMPANILE DR.
SAN DIEGO, CA 92115

ALLEN B. WARD
2735 LEMON GROVE AVE.
LEMON GROVE, CA 91945

This business is conducted by
a General Partnership
The transaction of business
begun on 1-1-97

Signature of Registrant
ALLEN B. WARD

This statement was filed with Gre-
gor J. Smith the Recorder/Coun-
ty Clerk of San Diego County on
JAN 14 1997

Lemon Grove Review
Jan. 23, 30, Feb. 6 & 13, 1997

**Don't miss out!
Read the Review**

Commentary

Dead man walking

by Paul Treske

Joe Louis, "the old brown bomber" and superb heavyweight boxing champion of my youth, was apt to say of a wily and elusive opponent, "he can run, but he can't hide." The same might well be said of the efforts of House Speaker Newt Gingrich these days.

By much fancy dancing, arm pulling and a stubbornly loyal House Republican leadership, the Georgia bully-boy appears to have retained his speakership with relatively minor punishment for his well-publicized misdeeds. But the clock is ticking on Mr. Gingrich and his days of effective leadership are slipping speedily away.

What is most ironic in this case is the inescapable feeling of "what goes around, comes around." Gingrich "made his bones" by destroying the speakership of Democrat Jim Wright over the issue of misuse of funds of a book Wright had written. Now, Gingrich's own book and its travels through questionable multi-million dollar advances from Rupert Murdoch, as well as his use of tax-exempt funds for personal political gain, leave him gasping for his political life.

One thinks back to those days following the 1994 mid-term elections, when a triumphant Gingrich

towered over the Washington scene while a shell-shocked Bill Clinton sought to pick up the broken pieces of his presidency. Today, a newly inaugurated Clinton optimistically starts a second term while Newt sits at the telephone desperately pleading his case with fellow Republicans.

A reprimand and sizeable fine will allow the speaker to survive for another day. But make no mistake, as far as real power, influence and leadership capacity, he is already mortally wounded; a proverbial "dead man walking." Washington, D.C. is a place where negative issues, once raised, never die. Newt Gingrich will be bedeviled by the press and the Democrats and find himself exhausted by the constant denials and re-explanations he will be forced to give concerning his ethics charges in the coming months.

In a way, there is sadness here, too. True leadership is always in short supply in our nation's capitol and Gingrich is a man of amazingly strong leadership capacity. But arrogance is often the darker side of such a strength, and arrogance and the belief that he was above the rules he laid out for others have brought him down. Now, it is just a matter of time.

Reel Thoughts

Hawn, Norton redeem new Allen film

by Betty Jo Tucker

Not everyone will love Woody Allen's musical comedy "Everyone Says I Love You" (from Miramax Films), even though it's his best movie since "Hannah and Her Sisters."

Why not? First of all, the film suffers a bit from "character clutter," with too many people involved in unnecessary subplots. Secondly, most of the musical numbers are performed by actors with limited musical ability. And finally, Allen appears unconvincing as a romantic lead.

So, with these serious flaws, why is "Everyone Says I Love You" such a delightful movie? Two reasons: (1) unforgettable work by relative newcomer Edward Norton and by old pro Goldie Hawn; and (2) hilarious choreography by Graciela Daniele.

Norton ("Primal Fear," "The People vs. Larry Flynt") lights up the screen as Drew Barrymore's unsophisticated boyfriend. Unlike most other cast members, he can actually carry a tune and sounds endearingly sincere warbling "My Baby Just Cares For Me" and "Just You, Just Me." His clumsy dancing shows no resemblance to the artistry of Gene Kelly and Fred Astaire, but is so joyful we can't help being won over by this versatile young actor.

Playing a woman divorced from Allen's character now married to one of his friends (Alan Alda), Hawn leaps to new career heights (literally!) in one very tricky dance number. She sings only one song, but her outstanding vocal and acting talents makes this scene one of the film's highlights.

The movie's most creative dance routine features doctors, nurses, and patients cavorting to the tune of "Making Whoopi." Other golden oldie songs showcased are "Cuddle Up a Little Closer," "If I Had You," "I'm Thru With Love," and "Enjoy Yourself, It's Later Than You Think."

One of the film's major plot threads concerns the misguided efforts of a writer (Allen, of course) to win a beautiful woman (Julia Roberts) by fulfilling her fantasies as overheard during therapy sessions.

Because Allen's character overlooks any ethical questions about this spying and worries only about being "found out," moviegoers are almost forced to think about Allen's real-life personal problems. That's too bad, since this lighthearted spoof of Hollywood musicals needs to be viewed as pure escapist entertainment.

"Everyone Says I Love You" may not be for everyone, but anyone who misses those glorious



Woody Allen (right) gives Edward Norton and Drew Barrymore a Method acting lesson while shooting "Everyone Says I Love You."

film musicals of the past will welcome it in the same way someone travelling through a dusty, dry desert welcomes the first sight of water.

PG Perspectives

by Phillip Giannangeli

Some of the best advice is the simplest. "Go West, young man." "Don't fire until you see the whites of their eyes." "Strike while the iron is hot." Some of these may not make a lot of sense to today's readers, but they are simple and to the point. Probably the most succinct piece of advice, though, is the Boy Scouts' admonition to "Be Prepared."

The following is a compilation — put together at great expense to the author (such expense being forwarded to the editor even as this is written) — of what is happening in 1997 and the specific days to celebrate these events. It would be easiest to list these celebrations by starting in January and going on through to December, but then I wouldn't be able to pad my research budget. So, in no particular order of importance, preference, chronology or ranking, I present to you the noteworthy dates and events of 1997.

Let's start with April Food's Day. This year, April Fool's Day is going to fall on April 1st and it will be celebrated on that day (a Tuesday), rather than moving it to a Monday or Friday so we could all enjoy a three-day weekend. Now, don't think that because I'm telling you in advance what day April Fool's Day will be that I'm playing a practical joke. I swear that this year April Fool's Day will be April one.

Alphabetically (and chronologically for that matter), Arbor Day follows April Fool's Day. Arbor Day, a day to honor trees and small shrubs or vines growing on lattice work (often forming an arch as an entrance to an elaborate garden), falls on April 25. So right after toasting Earth Day (April 22), about which little is done in the way of any celebration, pick out a tree or a special arbor to honor on the 25th. Remember the purpose of this piece: Be Prepared.

The days set aside for honoring famous individuals get adequate attention, so I'll just give the name and date for some of them. This month, we had Martin Luther King, Jr. Day. In February, we get to celebrate the back-to-back presidencies of George Washington and Abraham Lincoln (the latter on the 12th and the former on the 22nd.) on President's Day, Feb. 17. Coming as it does, President's Day will be a hallowed time early in this new year.

About the only other individual whose name actually appears on the calendar during the remaining months of the year, is Christopher Columbus. We get all the way to Oct. 13 before tipping our hats to Chris. Purists might argue for Dec. 25 as the birthday of Jesus Christ. In fairness, they are correct but almost all calendars refer to this as Christmas Day. No matter, it'll be celebrated regardless of how it is designated.

Throughout the year we honor groups of people by descriptive nouns. Thus we have Veteran's Day (Nov. 11), Labor Day (Sept. 1), and Grandparent's Day (Sept. 7). Mom gets her day (May 11), children theirs (June 8) and last but not least, Dad gets his day (June 15).

On a day in March (17th) we all toast our Irish heritage by downing a few in memory of good old Saint Patrick. A couple of months, later we replace the green beer of St. Patty's Day with mas cervesa for Cinco de Mayo.

If I'm to get my full payment on this stunning piece of research, I'd better not leave out Independence Day (July 4), Easter (March 30), Memorial Day (May 26), Halloween (Oct. 31), and Thanksgiving (Nov. 27). Wave the flag on Flag Day (June 14), set your clocks ahead (April 6) and then back again (Oct. 27) and don't forget to celebrate National Farm Animals Awareness Week (Sept. 21-27).

Except for August (nothing whatsoever happens in August), 1997 is going to be a busy year. Be prepared!

**4th of July
SALE**

**COLUMBUS Day
sale**

**LABOR DAY
SAVINGS**

Isn't it nice to have one holiday without a price tag?

**HALLOWEEN
SPECIALS**

**Don't get angry.
Tell us what you
think. Send us a
letter to the editor!**

High school 'decathletes' bring home mental medals

The Grossmont Union High School Governing Board honored 21 district students last week who brought home 32 medals, two plaques and two trophies from the recent countywide Academic Decathlon.

The "decathletes," as they were called by coordinator Richard Beach, were competing against nearly 400 of the best and the brightest students in San Diego County.

Standouts included the teams from Granite Hills and West Hills high schools. Granite Hills came in third place out of 44 from around the county, and West Hills 14th. Valhalla and El Capitan also came in the top half of the standings.

Beach introduced the board and capacity-crowd audience to star quizmasters Jennifer Stoy and Dan Knowlton of Granite Hills. Stoy, a senior, was the winner of two Gold medals for superior achievement in Essay and Super Quiz, a Silver medal for outstanding achievement in Language & Literature, and a Bronze medal for excellence in Fine Arts. She was also awarded a plaque for being the Best Overall Scholastic Student in the county.

Last year, Stoy also won four medals in four different subject areas for a two-year total of nine awards in six areas of competition. She closes out her Academic Decathlon career as the most honored and distinguished decathlete the Grossmont District has ever produced in the 14 year history of participation.

Knowlton, also a senior, won one Gold medal for high score in Super Quiz, the Silver for Social Science, and the Bronze Medals for Language & Literature, Science and Interview. He also won the plaque for the Best Overall Varsity Student in the county. This is only the second time in 14 years that a single Grossmont District player has earned a total of six awards in a single season.

Other medal winners were:

El Capitan

Bronwen Bromberger Bronze in Essay

Granite Hills

Brian Frugoni	Silver in Language & Lit.
Tyler Green	Gold in Mathematics, Bronze in Science
James Hayhurst	Bronze in Fine Arts
Billinda Wessig	Bronze in Speech

Grossmont

Christopher Eklund Silver in Essay

Monte Vista

Ruminahui Duchicela Silver in Social Science

Mount Miguel

Meghann Kaiser	Bronze in Essay
Amber Pope	Bronze in Essay
Esperanza Vallejo	Silver in Interview

Santana

Jonathan Allen	Bronze in Science, Bronze in Essay
Matt Laubacher	Gold in Fine Arts
Misty Niemeyer	Silver in Interview

Valhalla

Jeffrey MacGurn	Gold in Speech
Mathew Spendlove	Bronze in Fine Arts

West Hills

Naomi Markham	Silver in Interview, Bronze in Essay
Stefanie McClure	Bronze in Essay
Amanda Qassar	Bronze in Language & Lit., Bronze in Essay

Kids and commercials: parents need to provide guidance

Studies show a typical child sees more than 350 commercials on TV during approximately 27 hours of viewing each week—roughly the national average.

"The distinction between the cartoon programming and the commercial for a new cereal, board game or doll can get fuzzy at times, especially for young children," said Gerry Wilson, local BBB president and a grandfather. "Impressionable young children who watch television are not immune to its effects."

The local BBB offers the following recommendations:

- While advertising can provide information about various products, as well as entertainment, children should know the purpose of advertising is to get people to buy products. Parents should talk to their kids about the ways in which the product is made to look so attractive on the TV screen and the desire to buy a product solely due to advertising.

ing pressure.

- Your child should also learn that advertising gives them some, but not all of the information needed to make informed choices. For example, what does it mean when the announcer says, "Batteries Not Included" or "Accessories Sold Separately."

Parents should help their child to understand that product information does not come from advertising exclusively and that a commercial is only an "introduction," not the whole story.

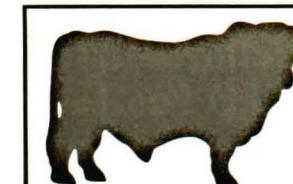
- Teach your child to investigate products before making a buying decision. Let your child see how you compare the merits of particular brands. Help your child make similar decisions when it comes to even toy and entertainment purchases. Also, involve your child in the decisions about family purchases, from clothing to appliances. Tell them why you're selecting one brand over another.

Celebrating the Dream



Musicians and dancers from all over East County gathered to celebrate Dr. Martin Luther King, Jr. and his dream of human unity. Performers at the first-ever East County KingFest included (clockwise from above) Israeli dancers from Congregation Beth Tefilah, the St. Stephen's Church of God in Christ Youth Choir, Storyteller Alice Smith Cooper and students from Jean's Dance Studio in Spring Valley. Performers not pictured include a vocal quartet from 1st Lutheran Church of El Cajon, Karel Spikes, Sharon Simpson, Vincent Cash, Jerry Wesley and the Upendo Gospel Crew. Meanwhile, La Mesa Mayor Art Madrid looks on (right) while La Mesa Councilwoman Ruth Sterling cradles a very tired little boy.

Photos by Linda Keene & Mistie Shaw



RON'S COUNTRY CORNER
GROCERIES, PRODUCE & MEATS
9573 JAMACHA BLVD.
SPRING VALLEY
479-4389
MON - SAT 8-8 • SUN 9-7

FREEZER BEEF

50 POUNDS \$69.95

10# CHUCK ROAST	2# FRANKS
2# SAUSAGE	5# BEEF RIBS
5# END CUT PORK CHOPS	3# BOLOGNA
3# COUNTRY STYLE RIBS	2# SALAMI
10# FRYER CHICKENS CUT UP	3# BACON
5# GROUND BEEF	

80 POUNDS \$119.95

5# ROUND STEAK	5# SAUSAGE
10# CHUCK ROAST	3# FRANKS
10# GROUND BEEF	2# BOLOGNA
10# BEEF RIBS	2# SALAMI
15# CHICKENS CUT UP	3# BACON
15# END CUT PORK CHOPS	

150 POUNDS \$219.95

8# COUNTRY SPARE RIBS	5# FRANKS
10# ROUND STEAK	10# SAUSAGE
20# CHUCK ROAST	4# BOLOGNA
25# GROUND BEEF	3# SALAMI
25# FRYER CHICKENS	5# BACON
5# BBQ STEAK	10# BEEF RIBS
20# END CUT PORK CHOPS	

Grossmont Hospital Board to seek greater public input

The Grossmont Hospital District Board is mulling different ways to feel the pulse of health care needs of East County.

Board members Dr. Armand Wohl and Dr. William Herrick will explore various options for gaining community input and report back at the board's Feb. 28 meeting.

Under consideration is the formation of a Community Advisory Panel and a proposal for the Grossmont Hospital Foundation to administer the district's grant program.

Once the partnership between Sharp HealthCare and Columbia/HCA is approved by the Attorney General's office and becomes effective, the district will receive the net proceeds from the pre-paid 30-year lease of Grossmont Hospital to the partnership.

In the meantime, the district receives approximately \$3 million annually in tax revenues. Community input could also be brought to bear on allocation of this money as well as any future endowment, said board President Jim Stieringer.

In response to a request from Michele Tarbet, CEO of Grossmont Hospital, the board voted 3-2 to provide \$175,000 to help fund operation of the Grossmont Hospital Senior Resource Center. Tarbet and center Manager Andrea Holmberg said there is need to hire additional staff and purchase materials to handle the increasing number of seniors who use the facilities. Voting in favor of the request were Stieringer, Richard Bea and Robert Yarris.

In other business, the board found the hospital to be out of compliance with terms of the lease in regards to deferred maintenance. A number of maintenance items were identified by board members, such as ceiling leaks, peeling paint and ripped carpet in hallways. Tarbet acknowledged the problem and said these items are on a list of capital expenditures which will be voted on by the Grossmont Hospital Corporate Board at its meeting Tuesday.

Last month, the district board found the hospital out of compliance with terms of the lease in regard to the maintenance of signage within the hospital campus. Tarbet and Facilities Director Jim Terry reported work on signs had been delayed late last year in anticipation of the merger with Columbia.

Columbia's national signage program will apply to any new

signs at Grossmont, Tarbet said. Columbia's sign program is being redesigned and information may be available next month.

The board appointed another ad hoc committee to study the establishment of a Day Care/Elder Care Center for use by families of Grossmont employees. Wohl explained the center would essentially be a "sick care center" where hospital employees, rather than staying home to care for a sick child or parent and missing a day of work, could leave their children or elders in the center for medical care. Appointed to the ad hoc committee were Wohl, Bea and a hospital staff person to be named later.

Also discussed was the idea for an advertising program to inform district residents of which insurers and health maintenance organizations have contracts with Grossmont Hospital. The board voted 5-0 to direct for the district's public relations consultant, Bob Battenfield, to develop a Grossmont Hospital-specific advertising plan and cost estimate in coordination with Sharp HealthCare's vice president of marketing, Melissa Hayden Cook.



Fever

by Mistie Shaw

Tired of increased health care costs and fueled by what many consider medical treatment curtailed by insurance and HMO profit margins, more and more people are seeking answers outside of traditional medicine.

The Dietary Supplement and Health Education Act of 1994 created a special category for herbs, vitamins, minerals and almost anything sold as a food supplement. This new category is not regulated by the same rules that the Food and Drug Administration applies to food and drugs. Since then, a plethora of inhalants, pills, teas, oils, powders, and salves have flooded the market. Herbal supplements, natural medicines or folk remedies; whatever they're called, are garnering stacks of testimonials.

"Zinc is worth its weight in gold." "If you can find golden seal, grab it - it's good for everything." "Echinacea helps keep you healthy when your resistance is low." These kinds of word-of-mouth endorsements are commonly heard today. And, as cold and flu viruses decimate the population, shoppers flock to stores selling natural herbs and home remedies.

Boney's Marketplace, a local chain of health-oriented stores, reports a sharp increase in the sales of such products. Some products are nearly impossible to keep on the shelf at this time of year.

Do they work? *Back to Eden*, the classic guide to herbal medicine, natural foods and home remedies, was first published in

East County Theater Guide

Peter Pan Junior Theater
Don Powell Theatre, SDSU
5500 Campanile Drive, San Diego (698-7876, 469-3652)
"My Fair Lady"
Today through Saturday, 7 p.m.
Saturday, 2 p.m.
Tickets: \$8-10

Octad-One Productions
Lakeside Theater
10009 Maine Ave., Lakeside (466-3987)
"Picnic" by William Inge
Fridays and Saturdays through Feb. 23, 8 p.m.
Sundays, 2 p.m.
Tickets: \$9-10

Lamplighters Community Theater
8053 University Avenue, La Mesa (464-4598)
"Dead Easy" by Jack Popplewell
Fridays and Saturdays, 7 through March 9, 8 p.m.
Thursday, Feb. 20, 8 p.m.
Sundays, 2 p.m.
Tickets: \$8-10

Pine Hills Lodge & Dinner Theater
2960 La Posada Way, Julian (765-1100)
"Murder at the Howard Johnson's," by Ron Clark
& Sam Brobrick
Fridays & Saturdays, through March 8, 7 p.m.
Tickets: \$28.50 includes dinner

1939. Author Jethro Kloss, states, "I do not believe that there is a disease to which human flesh is heir but that somewhere there is growing a weed or an herb or plant that will cure it."

Kloss goes on to give specific instructions for using herbs to cure most diseases and illnesses. If you have the sniffles, he recommends tea made from bayberry bark or golden seal. Sage tea is what he says you need to cure stress or tension headaches. And if the flu strikes, you can stop it in 24 hours if you stop eating immediately, go to bed and begin a treatment using yarrow, pleurisy root and cayenne pepper.

Kloss, who died in 1946 at the age of 84, even believed he'd found a way to cure many cancers, but the American Medical Association wasn't interested enough to even check out his claims.

Consumers' Union issued a report in 1995 that left readers wondering. They listed 10 herbs which have been tested using typical medical research protocols which might be effective. In fact, the report said, "Here are 10 herbs for which there is reasonably strong evidence of beneficial physiological effects, and which appear to merit further study."

They went on to expose problems with consistency, labeling, potency, unchecked claims and the advertising and marketing strategies of some companies.

They compounded the confusion by suggesting that anecdotal accounts of healing were actually resulted from the placebo effect - you feel better because you think you've taken medicine that will help.

It's true that potency is based on the location of the plant, type of soil, amount of rainfall and any other number of factors. And consistency is a problem, primarily with smaller companies that don't have the capital to incorporate the most modern methods of production.

But new technology allows accurate testing, complicated blending of ingredients, potency evaluation and production processes that compare favorably to those of pharmaceutical companies.

Nevertheless, consumer education is a problem. The word natural does not always equate with safe. Illness and death have been attributed to the use of chaparral, kombucha "mushrooms" and tea, comfrey, ephedra (also called ma huang), lobelia and yohimbe. And these products are still available, if not from a local health food store, then through the alternative medicine underground.

A Kaiser Permanente pharmacist said that for thousands of years we used plants for medicinal purposes. But now, with the advanced research being done in biochemistry and molecular biology, we can unlock the mysteries of chemicals that occur naturally in the body and duplicate them. He also stated that in the practice of medicine, physicians sometimes prescribe placebos and their patients report successful results with them.

If you decide to try over-the-counter medicines or natural remedies, talk to a pharmacist about the proper dosage. If you are on other medications, ask about drug interactions. Remember, just because it's sold without a prescription, doesn't mean it's totally safe.

EAT, DRINK & BE THINNER with PHYTOSHAPE!

The natural alternative with no side effects



Lose up to 14 lbs.
in 14 days.
Order now!
1 (800) 925-1414,
ext. 78247

-Advertisement-

Warning - Do Not Sell Your Home Until You Read A Copy Of This FREE Report First!

If you are selling your home or thinking of selling your home, get a copy of this FREE Report today. It could save you thousands of dollars in profits and time too. It highlights an 8 step system to get your home sold as quickly as possible - for the highest price!

East County, CA - A Free Report has just been released that shares the little known secret of how to get the highest price for your home when you sell it. Don't make mistakes that can cost you thousands! Just call 1-800-668-4944, 24 Hrs, for a FREE RECORDED MESSAGE to get a copy of this report. Call now and find out about a proven system to get your home sold on time ... for the highest price!

Compliments of Chris Waits at Century 21

PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96023572
 The Name of the Business
 J. W. BENDING
 located at: 8480 Adams St. in Lemon Grove 91945 is hereby registered by the following owners:

JAMES F CASTEEL
 8480 ADAMS ST.
 LEMON GROVE, CA 91945
 MICHAEL A. EDWARDS
 8851 B LAMAR ST.
 SPRING VALLEY, CA 91977

This business is conducted by a General Partnership
 The transaction of business began on N/A
 Signature of Registrant
 MICHAEL A. EDWARDS
 This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 26 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96023129
 The Name of the Business
 MONAD BOOKS AND RECORDS located at: 5220 Joan Ct. in San Diego, CA 92115 is hereby registered by the following owner:

BORIS VUKOV
 5220 JOAN CT.
 SAN DIEGO, CA 92115

This business is conducted by an Individual
 The transaction of business began on 12/18/96
 Signature of Registrant
 BORIS VUKOV
 This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 18 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96022879
 The Name of the Business
 ROMANTIQUE BEBE located at: 100 W. 35th St., Ste. A in National City, CA 91950 is hereby registered by the following owner:

SUZANNE T DURVILL
 649 STREET #282
 CHULA VISTA, CA 91910

This business is conducted by an Individual
 The transaction of business began on 5/1/90
 Signature of Registrant
 SUZANNE T DURVILL
 This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 16 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96023434
 The Name of the Business
 ULTIMATE GREETINGS located at: 5694 Mission Center Rd., #364 in San Diego, CA 92108 is hereby registered by the following owners:

DAVID SAMLOFF
 5694 MISSION CENTER RD. #364
 SAN DIEGO, CA 92108
 NANCEE SAMLOFF
 5694 MISSION CENTER RD. #364
 SAN DIEGO, CA 92108

This business is conducted by Individuals - Husband and Wife
 The transaction of business began on 12/23/96
 Signature of Registrants
 DAVID SAMLOFF
 NANCEE SAMLOFF
 This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 23 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96023532
 The Name of the Business
 LES VINS DU CHEF located at: Suite I-38, 8383 Claremont Mesa Blvd. in San Diego, CA 92111 is hereby registered by the following owner:

HAROLD W. GOFORTH JR.
 2419 BOYINGTON PL.
 EL CAJON, CA 92020
 SHARON BARRETT GOFORTH
 2419 BOYINGTON PL.
 EL CAJON, CA 92020

This business is conducted by Individuals - Husband and Wife
 The transaction of business

began on July 1985
 Signature of Registrant
 HAROLD W. GOFORTH JR
 This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 24 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96022216
 The Name of the Business
 ADAMS ENERGY CONSULTANTS located at: 4785 Mayapan Drive in La Mesa 91941 is hereby registered by the following owner:

DONALD D. ADAMS
 SAME AS ABOVE

This business is conducted by an Individual
 The transaction of business began on N/A
 Signature of Registrant
 DONALD D. ADAMS

This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 05 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96022331
 The Name of the Business
 SENSATRON located at: 9540 Parkway Street, Suite 101 in Santee CA 92071 is hereby registered by the following owner:

TONY L. ABBOTT,
 PRESIDENT

This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on DEC 06 1996
 Lemon Grove Review Jan. 2, 9, 16 & 23, 1997

NOTICE OF PETITION TO ADMINISTER ESTATE OF: BETTY JANE RISKA CASE NO. P169187

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of: BETTY JANE RISKA A PETITION has been filed by VICKI DARLENE WILLIS in the Superior Court of California, County of SAN DIEGO.

THE PETITION requests that VICKI DARLENE WILLIS be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate.

The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on 2-3-1997 at 1:45 pm in Dept. 35, located at 220 W. BROADWAY, San Diego, CA 92101-1946.

IF YOU OBJECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special

Notice form is available from the court clerk.

Attorney for Petitioner
 GERALD S. MULDER

8550 La Mesa Boulevard
 La Mesa, CA 91941-3958

Lemon Grove Review Jan. 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97000226

The Names of the Business

1 UP A TREE

2 LIMBS TO LOGS

3 LOG A LIMB

4 ATTIC LOGS

located at: 2575 Buena Vista Ave in Lemon Grove, CA 91945 is hereby registered by the following owner:

MARY LOUISE BULOW
 2575 BUENA VISTA AVE
 LEMON GROVE, CA 91945

This business is conducted by an Individual
 The transaction of business began on N/A
 Signature of Registrant
 DONALD D. ADAMS

This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on JAN 03 1997

Lemon Grove Review Jan. 9, 16 & 23, 1997

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 96022331
 The Name of the Business
 SENSATRON located at: 9540 Parkway Street, Suite 101 in Santee CA 92071 is hereby registered by the following owner:

TONY L. ABBOTT,
 PRESIDENT

This statement was filed with Gregory J. Smith the Recorder/Courtney Clerk of San Diego County on JAN 03 1997

Lemon Grove Review Jan. 9, 16 & 23, 1997

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT CASIANO EATON CASE NO. P169268

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: ROBERT CASIANO EATON, ROBERT C. EATON, R.C. EATON AND BOB EATON

A PETITION has been filed by PHYLLIS E. CADE in the Superior Court of California, County of San Diego.

THE PETITION requests that PHYLLIS E. CADE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 10, 1997 at 1:45 P.M. in Dept. 35 located at 220 W. Broadway, San Diego CA 92101-1946.

IF YOU OBJECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code.

The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special

Notice form is available from the court clerk.

Attorney for Petitioner:

Phyllis E. Cade

5417 Mirar Ct.

Bonita CA 91902-2709

01/21, 01/23, 01/28

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT CASIANO EATON CASE NO. P169268

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: ROBERT CASIANO EATON, ROBERT C. EATON AND BOB EATON

A PETITION has been filed by PHYLLIS E. CADE in the Superior Court of California, County of San Diego.

THE PETITION requests that PHYLLIS E. CADE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 10, 1997 at 1:45 P.M. in Dept. 35 located at 220 W. Broadway, San Diego CA 92101-1946.

IF YOU OBJECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code.

The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special

Notice form is available from the court clerk.

Attorney for Petitioner:

Phyllis E. Cade

5417 Mirar Ct.

Bonita CA 91902-2709

01/21, 01/23, 01/28

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT CASIANO EATON CASE NO. P169268

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: ROBERT CASIANO EATON, ROBERT C. EATON AND BOB EATON

A PETITION has been filed by PHYLLIS E. CADE in the Superior Court of California, County of San Diego.

THE PETITION requests that PHYLLIS E. CADE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 10, 1997 at 1:45 P.M. in Dept. 35 located at 220 W. Broadway, San Diego CA 92101-1946.

IF YOU OBJECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code.

The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special

Notice form is available from the court clerk.

Attorney for Petitioner:

Phyllis E. Cade

5417 Mirar Ct.

Bonita CA 91902-2709

01/21, 01/23, 01/28

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT CASIANO EATON CASE NO. P169268

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: ROBERT CASIANO EATON, ROBERT C. EATON AND BOB EATON

A PETITION has been filed by PHYLLIS E. CADE in the Superior Court of California, County of San Diego.

THE PETITION requests that PHYLLIS E. CADE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval.

Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 10, 1997 at 1:45

Business & Service Directory

ATTORNEYS

DOUGLAS A. McGREW
Attorney at Law
Free Initial Consultation
• General Law • Bankruptcy
• Divorce/Family Law
• Probate • Real Estate • Trusts
30 Years Experience
9742 Los Coches Rd.,
Lakeside, CA 92040
561-9100

LA MESA ATTORNEY
18 years experience.
Free 20 min. consultation
AFFORDABLE DIVORCE,
CUSTODY & SUPPORT,
Law suits, Bankruptcy,
Real Estate
DANIEL R. KNOWLTON
464-2255

BAIL BONDS

BAIL BOND CENTER
323 E Main St., El Cajon
10388 Mission Gorge Rd., Santee
In Jail - We Bail
Honesty, Integrity, Quality
se habla Español!
Richard "Dick" Rees, BA 0546874
David Ortiz, BA 1840497
237-5100 • 579-9923 • 448-4400
(S.D.) (El Cajon) (Santee)

FINANCIAL SERVICES

Loan Packaging Services
FREE INFORMATION
on How to obtain
\$\$\$
for your Business
(619) 697-7888 or
<http://www.lprs.com>

GRAPHIC DESIGN

Bell Graphic Design
BUSINESS CARDS • STATIONARY
LOGOS • NEWSLETTERS
WEBSITES
For Quality Designs at
an affordable price.
Call Martha
596-3093

TAX PREPARATION

**La Mesa
Income Tax Service**
Professional Tax Preparation
• Individual & Small Business
• Home Owner/Rental Property
• Reasonable Rates
• Year Round Service
Charles "Mike" Waters
8517 La Mesa Blvd La Mesa
463-6001

**KEN KALATA
Income Tax Preparation**
Free Telephone Quotes
Homeowners • Small Business
Computerized for accuracy
Mutual Funds & IRA'S
Individual & Family Ins. Sys
By Appointment Only
(619) 492-0232

The Business & Service Directory

\$50 for 4 weeks or \$80
for 8 weeks
Have your ad seen in
all 6 of our papers.
Call 469-0101 today!

Classified

agriculture

BARN/ARENAS/STORAGE
All-Steel Buildings
24x34, 33x45, 48x99, 75x168
Clearance Prices! Call now for spring
delivery! Jim Bachofer, 619-448-6666
1/23

business opportunities

CHILDREN'S AID NETWORK, Fund
raiser for children's aid international
seeks independent marketing reps.
No investment. Free Info. **465-4036/465-1641**, Leave mailing
instructions. 1/23

childcare

OUR HOUSE FAMILY DAY CARE,
Licensed 0 - 12 yrs, La Mesa. Call for
app. **668-9008**

credit

SECURED MASTER CARD! \$100
Deposit, up to 200% credit! No applica-
tion fee! **(619) 975-1434** 1/23

help wanted

\$200-\$500 Weekly
Mailing phone cards. No experience
necessary. For more information send
a self-addressed stamped envelope
to: Global Communication, P.O. Box
5679, Hollywood, FL 33084
4/3

COMPANION/AIDES NEEDED
Mature women, car, non-smokers, to
do non-medical assist. living for
elders. Home Sitting Seniors. 576-
4417. 1/23

BOOKKEEPER 1 yr exp AR, AP, col-
lections, FM Pro & Quick Bk Pro For
a growing family style business. Fax a
resume 448-8233. 1/23

HOME BUSINESS 800 numbers tell
all and do your selling for you.
Immediate income. \$500 - \$1000
weekly, comm., hottest seller in U.S.
1-800-678-5522, ext. 78247 1/23

\$1000's POSSIBLE READING
BOOKS. Part time. At home. Toll Free
(1) 800-218-9000, ext. R-9360 for list-
ings. 1/30

OCCASIONAL RANCH HELP NEED-

services

BAND FOR HIRE All occasions flashback - 50's, 60's R&B, Country Great
rates 604-0146 1/23

BATHTUBS AND SHOWER STALLS
Refinished and repaired. Superior
Bathtub refinishing. 698-4137 1/23

CLEANING SERVICES vacant homes
apts, construction c/u, carpets, windows.
All phases 698-7427 1/23

DEAD ANIMAL REMOVAL Livestock,
attics/under houses, private pets. 365
days a year 390-8204 1/23

ENGLISH/READING/TUTOR
By UCLA grad. Reasonable rates
Grades 2 thru college **(619) 593-8820**
1/23

\$1000's POSSIBLE READING
BOOKS. Part time. At home. Toll Free
(1) 800-218-9000, ext. R-9360 for list-
ings. 1/30

OCCASIONAL RANCH HELP NEED-

Classified Ad Coupon

Classification desired _____

Message _____

Name _____

Phone number _____

Your ad will run in all six Forum Publications newspapers. Send your
check for \$3 per line (30 characters and spaces) for each week with your ad to:
Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Real Estate

If you're going to list
or buy a home, let a
real pro help you.

Call Cookie or Joan today!
466-7993 or 907-0443

"When you list with Cookie & Joan
you can start packing!"



Cookie Ringhand
REALTOR
Realty World • Pro Consultants

Call us if you'd like to know more about available properties

OLD FASHIONED CHARM. North Park area -
Hardwood floors, french doors, built in book-
shelves, fireplace. Only \$159,900.

LEMON GROVE - REDUCED TO \$99,000. 2
BR, 1 BA Super home for the price, new custom
designed kitchen (must see to appreciate). Lots
of fresh paint, hardwood floors, new gas heater,
wood burning stove, new copper plumbing, big
backyard with large shade trees.

NATIONAL CITY \$109,900 2BR, 1 BA Sunny
kitchen with upgraded cabinets and flooring, big
bedrooms. All freshly painted and move in ready.
Great yard for garden, kids, pets, etc.

MISSION HILLS WEST What a neat townhome!
From the front 'porch' to the rear deck off the dining
room, this is living at its best! Two master bedrooms
upstairs, guest bath, living room w/super
fireplace and dining room downstairs and attached
two car garage w/ opener. Seller asking \$139,000

Automotive Services

CARS & TRUCKS

84	NISSAN KINGCAB 4X4	\$3,450
85	CHEV ASTROVAN, 6, AUTO	3,650
89	HONDA CIVIC, NICE	4,850
88	TOYOTA CELICA, AUTO, AC	3,850
81	HONDA PRELUDE, AUTO	1,850

IN-HOUSE
FINANCING ...
E-Z QUALIFY

LAKESIDE MOTORS

11719 WOODSIDE AVE. LAKESIDE

561-1300

* PLUS TAX, LICENSE, DOC. FEE

Help Wanted

Not Just Pie in the Sky...

Have you always dreamed of
being your own boss? Of
scheduling your own work
hours? Of being financially
independent?

Pre-Paid Legal Services*, Inc. is
recruiting marketing associates
in your area. You can own your
own business by tomorrow!

Call your local independent
associate for details.

Stan Espedal 561-3389

We help make Dreams come true!

Get it resolved

Rules for Reaching Consensus
by Steven Saint &
James Lawson

Available at Barnes & Noble



Subscription Coupon

El Cajon Eagle Lakeside Leader La Mesa Forum
 Lemon Grove Review Santee Star Spring Valley Bulletin

I wish to subscribe to the newspaper(s) I have checked above. I understand that 52 weekly issues will be mailed to me for only \$18.00 per year per newspaper (outside San Diego County in USA - \$40.00). I am enclosing my check to start my subscription(s).

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

M is for Mayor

Personal comments of Mayor Mary Sessom

A question for councilmembers

I have asked each of our councilmembers, Tom Clabby, Dwight Shelley, Craig Lake and Jeff Jandura, to contribute to this column by answering the following question, as concisely as possible: "The city of Lemon Grove has many responsibilities to its citizens, both business and residential. What is one priority we must address in 1997 and what resources should be used?"

Councilman Shelley: "Lemon Grove, like other cities, has many needs that require city resources. Today, Jan. 11, I visited an area in dire need of repair. This is the drainage improvements area on Federal Boulevard. This area of our city, for as long as I can remember, has flooded during moderate to heavy rain storms. The most recent rains turned the roadway into a small river. We can only hope the rain will not increase and flood the businesses located in this area."

"Plans for a new underground drainage system, with street improvements and sidewalks have been presented to the city council. The funding for this much needed project is not available at this time. City staff is exploring all methods of funding, including federal and state sources. This project (estimated at \$7 million) will be a substantial commitment of public funds with many sources of funding necessary to achieve the desired results. This project will challenge our city council and staff but we must persevere to make these improvements a reality."

Look for the responses from the other council members in subsequent issues. I suspect each one of them would be delighted to speak with you about their answers or any other issue affecting this city.

Get involved!

City council meeting are the 1st and 3rd Tuesdays of the month at 7 p.m. in the Community Center, 3146 School Ln.

B Words

by Bob Burns

Potpourri

Just one more observation on the ramp. That survey that was conducted by the chamber produced very decisive results, if you ask me. 27 voted for the ramp with 15 opposed. However, 158 did not respond. The question is, should those non-responses be credited as yes votes, or is the actual total of no votes 173? I think the latter is true.

Both Mayor Mary and Tom Clabby have apparently answered the petition and laid it to rest. I have had many phone calls asking for advice as to whether it should be signed or not. I have told them that it is most erroneous in fact, and that what it proposes is not right. I would add that it is always a goal of responsible government to keep down the ever burgeoning bureaucracy and I am confident that the present city council is trying to do just that.

Again we have the rain in unexpected volumes and it brings up again the ever present problem on Federal Boulevard. The rest of the city seem to be able to handle the increased runoff, but the sooner we get some real financing for the Federal flood channel, the better. I am assured that work is being continued feverishly to accomplish that task.

Glad to see the plywood covering the windows on the church property building. How they can be broken under the very eyes of our Sheriff's Department, I do not know, but then I guess "boys will be boys." I don't mean to leave the girls out of this by way of a gender thing, but my bet is that our lovely Lemon Grove females are not involved.

I have heard that we finally have some stickers for the blue boxes to warn the scavengers that they are criminals in stealing aluminum, etc., on trash collection days. Again, it is a fact that every bottle,

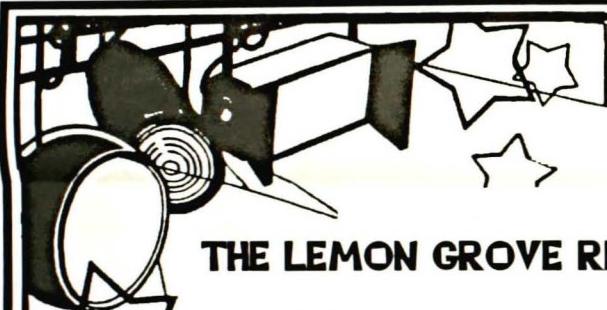
can, and newspaper that is picked up by EDCO, does reduce our individual collection fees across the board. Much as I hate to harm the homeless or the less fortunate, I hope that this stealing does come to a stop.

We need a new Miss Lemon Grove. We have so many talented and very beautiful young ladies in our town, it is a shame that one will not be representing us if contestants are not found. Everyone, so far has represented us very well. I hope that a nice group will show up to be a part of the pageant this year.

The tremendous effort on the part of the St. John of the Cross Youth Group to send their members to Paris for World Youth Day with the pope is a great project. I commend the *Lemon Grove Review* for supporting them and would suggest a way for all to help. Just send along a few names of people who do not subscribe to the *Review*, with \$10, and support these kids while introducing someone to the publication. It is a very worthy cause, and it can help Steve in making the paper more informative of our town.

Lastly, I would like to say that whatever Lemon Grove Superintendent Joe Farley's troubles are, they should not diminish his good service to our children. Joe has been a part of our school district for many years, and I have enjoyed working with him and believe him to be a fine man. We may well never know what is involved with his problems, but we should appreciate his good works. Sometimes we may even try too hard to do a job, and it would be a shame for a small negative to delete a long history of positive things.

If I haven't enough before, I want to thank Mary, Jeff, Dwight, Craig and Tom for their good work in our behalf. God bless.



New Year's Offer!

East County Holistic Care

- Therapeutic Massage 1 hour session includes reflexology, lymph drainage, energy work, etc.
- Herbal Body Wrap 1 1/2 hour treatment with sauna, releasing toxins & inches

We guarantee minimum 6" loss!

3 for \$100⁰⁰
sessions reg. \$40 ea.

Therapeutic massage or herbal body wrap
Gift Certificates available on this offer!

7303 Broadway • Lemon Grove
589-SKIN (7546)

Spotlight on Business

Call Dan at 461-4306 or 469-0101



KUMON

MATH & READING CENTERS

Learning How To Learn.

Your Family Learning Center

- ❖ Master Basics in Math & Reading
 - ❖ Advancement At An Individualized Pace
 - ❖ Builds Self-Confidence Through Repeated Success
 - ❖ Preschool Through College Level Specialized Materials
 - ❖ Increases Ability to Concentrate
- Class Schedule: twice a week
Tuesday & Friday, 3-6 p.m.

**FREE
REGISTRATION!
AND Diagnostic Test**
Enroll by 1-30-97

La Mesa Kumon Math & Reading Center
8080 La Mesa Blvd. #115
Call 464-2420
Call 1-800-ABC-MATH

SERVING THE ENTIRE SAN DIEGO AREA

McCrea Music Company



AND STUDIOS
SALES • RENTALS
INSTRUMENTS
ACCESSORIES • REPAIRS

MUSIC INSTRUCTION / ALL INSTRUMENTS

698-7272

8361 ALLISON AVENUE

LA MESA

EZ ACCESS FROM HWY 94 & HWY 8

We Solve Legal Problems!

- Living Trusts & Wills
- Automobile Accidents
- Business Law
- Child Custody/Support

25 Years of Experience in East County.

Affordable Fees - Easy Parking

**BARWICK, RUTHERFORD &
SCOTT
ATTORNEYS AT LAW**
3434 Grove Street • Lemon Grove
465-4600

